

***Recipe adapted from the book *Tales of the Dairy Godmother Chuck's Ice Cream Wish*.**

Ingredients:

For 4 students

- 1 cup milk
- 1 cup heavy whipping cream
- 1/4 cup sugar
- 1/2 tsp vanilla extract
- (Optional) *Added flavor: chocolate, strawberry, etc.

Materials Needed:

- 1 cup rock salt
- 1 gallon-size freezer plastic bag
- 1 quart-size freezer plastic bag
- Duct Tape
- Scissors
- Towel
- Crushed ice (enough to fill a gallon freezer bag)
- 10 spoons
- 10 small cups/bowls

Directions:

1. Put milk, whipping cream, sugar, and vanilla extract in the quart-size freezer bag. *Add additional flavors now.
2. Zip/seal the bag and fold the piece of duct tape over the zipper/seal so the ingredients won't leak out.
3. Place the bag of ingredients inside the gallon-size bag.
4. Pack the gallon-size bag with crushed ice so the ice surrounds the bag of ingredients.
5. Pour the rock salt evenly over the ice and zip/seal that bag.
6. Wrap the bag in a towel (or use oven mitts, or similar).
7. Have students shake & pass the bag to each other for a total of 10 minutes (rotate ~ 1-minute intervals).
8. Open the outer bag. Remove the inner ice cream bag. Wipe off that bag to remove any remaining ice, salt, and salt water.
9. Cut the corner of the bag and squeeze evenly into 4 cups.
10. Garnish the cups with whipped topping and/or sprinkles.
11. Provide spoons. Enjoy!

ALSO - Be cautious of allergies.

Dairy Intolerance*

Substitutes for dairy include:

Lactose-free milk, or an almond/rice/soy-based milk.

*The plant-based milks may not freeze the same.

*Use the links above to learn more ways to substitute your dairy and ingredients.

HOMEMADE ICE CREAM



For more great dairy lesson plans and resources, click each link:

Links

[Tales of the Dairy God Mother - Chuck's Ice Cream Wish](https://bit.ly/3aRJnkr)

<https://bit.ly/3aRJnkr>

[Video Tutorial for Homemade Ice Cream!](https://bit.ly/3rEXv7x)

<https://bit.ly/3rEXv7x>

[Tour of a Dairy Farm in New Mexico!](https://bit.ly/3rTgf3t)

<https://bit.ly/3rTgf3t>

Lessons

[It's a MOO-story \(K-2\)](https://bit.ly/3rCDE95)

<https://bit.ly/3rCDE95>

[Food Scientist For a Day \(6-8\)](https://bit.ly/3qfABU8)

<https://bit.ly/3qfABU8>

[Milk: The Scoop on Chemical and Physical Changes \(9-12\)](https://bit.ly/2MVLZWH)

<https://bit.ly/2MVLZWH>

To access these resources, lessons and more, visit:
www.nmaitc.org